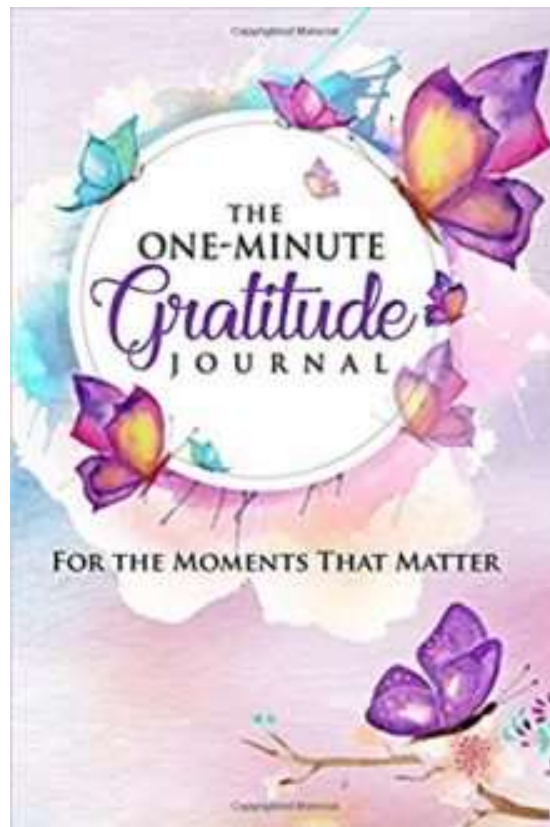


# *The Science-Backed Benefits of Gratitude Studies*

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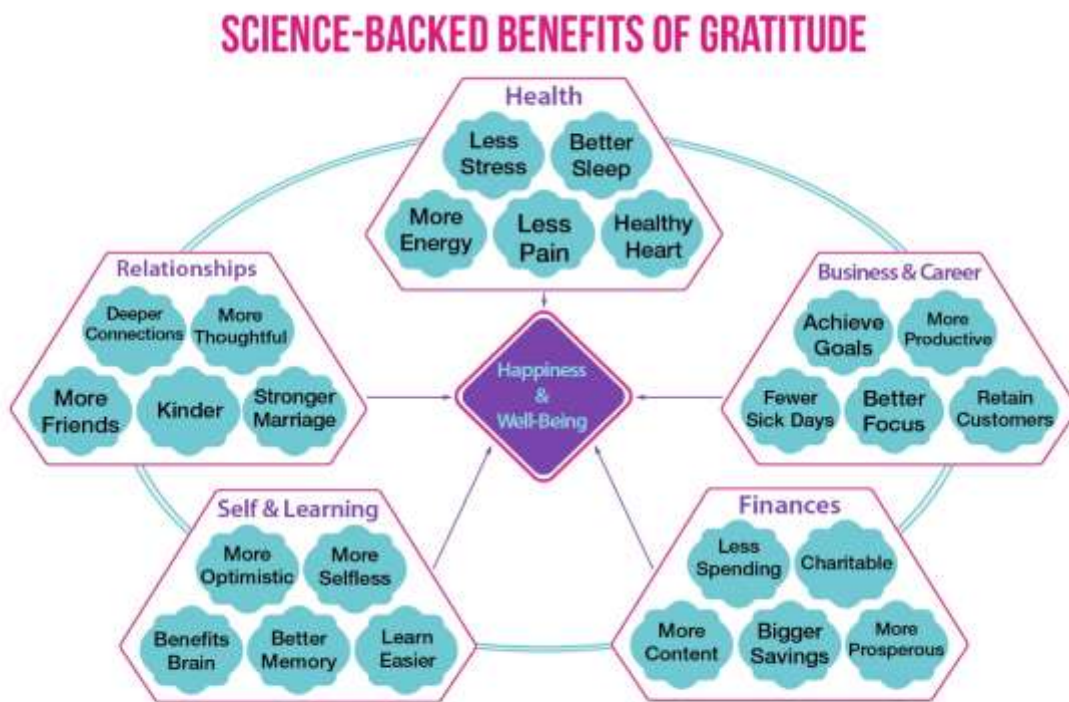
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Gratitude's power is well-documented and positively impacts your health, wellness and overall happiness. It has been shown to improve individual lives, the workplace and the world!

Take a look at the benefits of gratitude based on more than 26 studies from the NIH and universities world-wide.



Data: More than 26 studies from the NIH and Universities.  
Courtesy of Pat Wyman, Author  
The One-Minute Gratitude Journal: For the Moments That Matter

*Here are some of the most significant science-backed studies that illustrate the power and benefits of gratitude.*

References:

<https://www.phillyvoice.com/harvard-study-finds-strong-link-between-gratitude-and-happiness/>

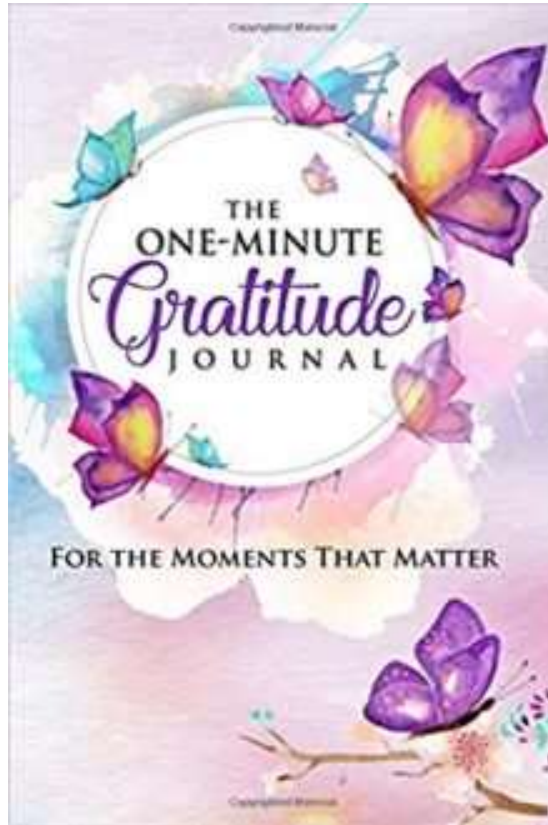
<https://www.apa.org/news/press/releases/2015/04/grateful-heart>

[https://greatergood.berkeley.edu/article/item/how\\_gratitude\\_changes\\_you\\_and\\_your\\_brain](https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain)

<https://www.forbes.com/sites/amymorin/2014/11/23/7-scientificallly-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/#6460a0b5183c>

Studies continue through page 6

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<http://time.com/5026174/health-benefits-of-gratitude/>

<https://www.choprafoundation.org/education-research/past-studies/gratitude-study/>

<https://positivepsychologyprogram.com/benefits-gratitude-research-questions/#research-gratitude>

<https://www.today.com/health/be-thankful-science-says-gratitude-good-your-health-t58256>

(Robert A. Emmons is one of the premiere researchers on the benefits of gratitude).

Here is the Emmons Lab site and his gratitude findings:

<https://emmons.faculty.ucdavis.edu/gratitude-and-well-being/>

<https://www.inc.com/peter-economy/14-powerfully-beneficial-effects-of-gratitude.html>

<https://gratefulness.org/resource/research-related-to-gratitude/>

<https://www.npr.org/sections/health-shots/2018/12/24/678232331/if-you-feel-thankful-write-it-down-its-good-for-your-health>

<https://thriveglobal.com/stories/how-gratitude-actually-changes-your-brain-and-is-good-for-business/>

We would love to hear from you about how gratitude changed your life for the better!

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